

Week 6: *Reward Yourself!*



Congratulations on reaching Week 6 of Ready, Set, Walk!

You have made some incredible strides and covered many miles. Hopefully you have reached some of your fitness goals and now is a good time to **reward yourself** for your hard work. With all of the miles you have covered it may be time to treat yourself to a *new pair of walking shoes or some new fitness gear. Maybe you would enjoy a trip to the spa for a relaxing massage.*

This is a great way to relieve stress and revive your body. Try something in the spirit of your new healthy lifestyle. *Pick up a vegetable steamer, rice cooker or maybe a new cookbook.*

There are countless ways to reward yourself, but remember to keep it in line with your overall fitness goals. Celebrating your success will help to keep you motivated and focused.

Now let's get ready for the final 6 weeks!

Beginner's 12 Week Walking Schedule

WEEK	SUN	MON	TUES	WED	THU	FRI	SAT
6	25 min	30 min	30 min	25 min	30 min	25 min	40 min

Visit www.inshape.in.gov for more online advice from First Lady Cheri Daniels.

Boost the Benefit of your Treats

If you've decided on a food treat for your reward, make it one with extra vitamins, minerals, natural phytochemicals and/or fiber.

Treats with Fruit

- ❑ *Cheesecake*: balance this decadent treat with a portion of strawberries, blueberries or cherries.
- ❑ *Strawberry Shortcake*: add extra berries instead of whipped cream.
- ❑ *Fruit cobblers and crisps*: use a little more fruit than the recipe calls for and make the cobbler or streusel with whole wheat flour for extra fiber.
- ❑ *Bowl of ice cream*: top with fruit - peaches, berries, bananas, pineapple - and a drizzle of syrup. You gain antioxidants from the fruit and a little calcium from the ice cream (around 6-10% of your daily calcium.)



Chocolate Treats

- ❑ *Chocolate milk shake*: make a calcium-filled shake with fat free milk, lowfat vanilla yogurt, low fat ice cream and either chocolate syrup or cocoa powder (both are fat free).
- ❑ *Chocolate mousse-flavored yogurt* satisfies that chocolate craving and provides calcium and protein.
- ❑ *Dark chocolate-covered* raisins, cherries and blueberries offer nutrients and fiber from the fruit and antioxidants from the dark chocolate.
- ❑ *Dark chocolate-covered* almonds and peanuts are packed with antioxidants from the chocolate plus protein, fiber and other disease-fighting components from the nuts.

Summertime Favorite Treat

Root beer float: use diet root beer and low fat vanilla ice cream and a dollop of whipped cream.

Tip for Choosing Ice Cream

Choose low fat ice cream and frozen yogurt with no more than 4 grams of fat in a ½-cup serving.

The Community Corner

5K Mutt Strut (Walk for the Animals)

When: Sunday, May 25th: Registration, Walk and Exhibitors from Noon - 3pm

Where: Warsaw, IN at Pike Lake Park - Beyer Pavilion

Sponsored by Symmetry Medical, Instru-Med and Paws & Claws with all proceeds benefiting the Animal Welfare League of Kosciusko County. Call 574.527.4044 or 574.267.3008 for details or [Click for Details](#)

The American Lung Association of Indiana: Lungs in Motion Walk/Run

When: Friday, May 30th @ 6pm

Where: Indianapolis, White River State Park

What: A motivational rally, a 5K walk/non-competitive run along the canal, and an after party at White River State Park consisting of a summer concert, food and family friendly entertainment.

[Click here to register, view teams or donate.](#)

IRC Open House "Tennis across America Event"

When: Saturday, May 31st (Rain or Shine) 2:00PM - 3:30PM

Where: Indianapolis Racquet Club - 8249 Dean Rd.

RSVP: Call IRC @ 317.849.2531 to sign up to participate in on-court events. *Tennis shoes required - demo racquets available for use on court. Advance registration is required for the free lessons. Free!*

[Click for Details](#)

Mishawaka (South Bend) Marathon/Half Marathon/Fitness Walk

When: Saturday, May 31st

What: Marathon @ 6am, 5K Run @ 7:15am, 1/2 Marathon @ 7:30am, 10K Run @ 7:45am, 5K Fitness Walk @ 9am [Click for Details](#)

BGI's 25-Mile Challenge

In honor of National Bike Month and BGI's 25 years in business, BGI encourages everyone to bike (at least) 25 miles in May. If you conquer the 25-Mile Challenge, you'll have the chance to be rewarded with cool cycling gear (determined by random drawing of all participants).

Deadline: June 1st [Click for Details](#)

INShape In Historic Indiana Events

The Department of Natural Resources Division of Historic Preservation is sponsoring a series of statewide walks and other events highlighting Indiana historical landmarks throughout the month of May. Please [click here](#) for a calendar of events.

NAMI Indiana Walks for the Mind

When: Saturday, June 7th: check-in @ 9am, walk starts @ 10am

Where: Major Taylor Velodrome 3649 Cold Spring Rd, Indianapolis, IN 46222

Contact: Joanne Abbott jabbott@nami.org, 317.925.9399 or 800.677.6442 [Click for Details](#)
Help raise awareness of mental illness and funds for NAMI IN Programs. **Free!**

4th Annual Mount Vernon Kiwanis 5K Run/Walk

When: Saturday, June 7th @ 8am, registration @ 7am

Where: Corner of Main and Water Streets

Contact: Dennis Moore @ 812.838.4886

Trophies, awards, random drawings for cash prizes and more! Mt. Vernon is located in southwest Indiana where the Wabash and Ohio Rivers meet.